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abstract in children maintaining adequate fluid intake and hydration is important for physiological reasons and for the adoption of healthy sustainable drinking habits in the liq in7 cross sectional

nutrition and hydration are the cornerstones of children s health and well being by prioritising nutrient rich foods and adequate hydration we can support their growth development and overall vitality

it is important to replace the water you have lost to prevent yourself from becoming dehydrated children are at a greater risk of dehydration than adults this is because in relation to their size children have

staying hydrated boosts athletic performance and prevents injury learn from how much young athletes should be drinking

for children adequate hydration is particularly critical due to their developmental needs and high activity levels however with the growing prevalence of sugary beverages and busy modern lifestyles the

welcome to summer families summer brings longer days warmer weather and outside activities with children out of school and parents juggling work and child care or keeping the children busy at

ensuring that children maintain proper hydration is crucial for their overall health and development water plays a vital role in numerous bodily functions including temperature regulation digestion and

hydration has been associated with energy levels and physical endurance as well as concentration and focus staying hydrated is therefore important to enable children to regulate their ability to function

hydration is an important part of a healthy lifestyle at every age yet parents and caregivers may often wonder how to instill healthy hydration habits for their children isabel reckson cdces cdn rd

discover essential hydration tips for children and the benefits of water to keep your little ones healthy and energized throughout their day

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